



## **LIFEGroup Relational Guidelines**

**TIME:** Please be sensitive about the amount of time you share. Group time is limited.

*I will seek to avoid conversation dominating.*

**LISTENING:** We seek to cultivate a group culture in which everyone can be real and open about their struggles and celebrations. If we feel like we must normally “wear a mask,” this is an environment in which we are encouraged to “take it off.”

*I commit to being an understanding listener. I will not hold side conversations while you are sharing. Before responding; I will first seek to listen to you all the way through. If your struggles are emotional, financial, legal, medical, relational, spiritual, sexual, or any other, I endeavor not to be surprised. I endeavor not to offer advice without your permission.*

**CONFIDENTIALITY:** What is said in the group stays in the group.

*I promise to hold your words in confidence. They stay with me.*

**“I” STATEMENTS:** It’s easy to talk about the issues of others, but for our purposes, we want you to put yourself on the table. Try to use “I” statements rather than “you”, “them”, “they”, etc.

**SELF-AWARENESS:** Be aware of how you are personally affecting the environment through your words, actions, and non-verbal communication.

**SILENCE:** Can play an important role in group discussion as it allows for people to process the topic or question being considered. Don’t always jump right in - give people a moment.

**CONFLICT:** We will resolve conflict biblically. When conflict or sin issues between group members arise, we make sure to honor God and each other in the ways that resolve issues. The following are a few key Scriptures in this regard:

- If someone sins against you - *Matthew 18:15-20*
- Restoring someone in sin - *Galatians 6:1-5*
- Forgive a sinner - *Colossians 3:12-13*
- Reconciling differences - *Matthew 5:23-24, Matthew 7:1-5*

## Great. Big. GOD. The Antidote To Fear

# TALK IT OVER

### Key Scripture

*“<sup>34</sup> But when the Pharisees heard that he had silenced the Sadducees, they gathered together. <sup>35</sup> And one of them, a lawyer, asked him a question to test him. <sup>36</sup> “Teacher, which is the great commandment in the Law?” <sup>37</sup> And he said to him, “You shall love the Lord your God with all your heart and with all your soul and with all your mind. <sup>38</sup> This is the great and first commandment. <sup>39</sup> And a second is like it: You shall love your neighbor as yourself. <sup>40</sup> On these two commandments depend all the Law and the Prophets.”” Matthew 22:34-40 (ESV)*

*“<sup>28</sup> And we know that for those who love God all things work together for good, for those who are called according to his purpose. <sup>29</sup> For those whom he foreknew he also predestined to be conformed to the image of his Son, in order that he might be the firstborn among many brothers. <sup>30</sup> And those whom he predestined he also called, and those whom he called he also justified, and those whom he justified he also glorified. <sup>31</sup> What then shall we say to these things? If God is for us, who can be against us? <sup>32</sup> He who did not spare his own Son but gave him up for us all, how will he not also with him graciously give us all things? <sup>33</sup> Who shall bring any charge against God's elect? It is God who justifies. <sup>34</sup> Who is to condemn? Christ Jesus is the one who died—more than that, who was raised—who is at the right hand of God, who indeed is interceding for us. <sup>35</sup> Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or danger, or sword? <sup>36</sup> As it is written, “For your sake we are being killed all the day long; we are regarded as sheep to be slaughtered.” <sup>37</sup> No, in all these things we are more than conquerors through him who loved us. <sup>38</sup> For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, <sup>39</sup> nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.” Romans 8:28-39 (ESV)*

Search for the “Renewal Church Denver” app or “St. John’s Denver” app in your app store.

More of God’s truth all week long at [renewaldenver.tv](http://renewaldenver.tv) and [sjdenver.tv](http://sjdenver.tv)

### Start Talking: Find a conversation starter for your group. (15 Min)

- Share a high moment and a low moment from your week!
- Did you ever play truth or dare as a kid? Which one seems worst to you? How is peer pressure a factor in this game? Any interesting stories?

### Head: Start Thinking. Ask a question to get your group thinking. (10 Min)

- Read Genesis 12:10-20. What was Abram afraid of? How did his fear lead to sin and relational damage?
- Read Romans 8:28-39. The context of this passage is that it is meant to give courage to Christians going through persecution. How does it give you courage? Which verses most give you hope?
- Read Matthew 22:34-40. If these two commandments summarize the 10 commandments (Exodus 20), do we still need the 10?

### Heart: Start Sharing. Choose a question to create openness. (10 Min)

- Have you ever been more afraid of what people think of you than of what God thinks of you?
- In some of the Old Testament battles that God told the Israelites to fight, in which He was with them, Israelites still fell. What precisely is the hope of “If God is for us, who can be against us?”
- Are there things God asks of us that you feel embarrassed to do?
- On a scale of 1 – 10, how much did Jesus fear people? Examples?

### Hands: Start Doing. Commit to a step and live it out this week. (10 Min)

- How will you try and show courage this week? What scripture can you read this week that will give you hope and boldness?
- How can we encourage others to fear God over fearing man?

### Start Praying: Here’s some prayer language you can use. (15 Min)

- God, we care too much about what the world thinks of us, and not enough of what you think. Help us to do better and remind us of your grace when we fail. Your love is more powerful than the evil of this world. Thank you for always loving us. Amen.

### Trios: Split into same-gender groups of three. (15 Min)

1. What has God been teaching you in His word this week? Is there anything you need to repent of?
2. What’s something you’d like someone else to check in with you about this week?
3. How’s your weekly 3-2-1 challenge going? (3 Conversations with New People, Learn 2 Names, Make 1 Meaningful Connection)
4. Pray for one another.

# Group Prayer Ideas

## Pray for Each Other

- Everyone share their prayer requests before entering into the time of prayer;
- As you open a time of spontaneous prayer, ask people to pray for each other's requests / not their own;
- *Option: Have one person record the group's prayers in a prayer journal. Periodically review the journal to see just how much God answers prayer!*
- *Option: Conclude with the Lord's Prayer or Apostle's Creed.*
- *Option: Do a "Prayer Exchange," assigning people to pray for one another this week, & text as you do.*

## Responsive Psalm Prayer

- Choose a psalm (ex: 13, 116, 136, 139, etc.);
- Have the leader and the people pray through the Psalm by trading verses responsively, OR go around the circle and have each person take the next verse.

## Missional Prayer

- Have everyone go around and pray specifically for a non-Christian friend, neighbor, co-worker, etc.
- *Option: Have everyone use the "MissionHub" app to set a prayer reminder for that person OR write the name on a 3x5 index card, take it with them and put it somewhere that they'll see it.*

## Category Prayer

- The leader guides the group by inviting spontaneous prayer around a "category" at a time, allowing a couple of minutes per category;

### Ex: Relational Circles

Our Families  
Our Church  
Our Neighbors  
Our Co-Workers  
Our City  
Our Country  
Our World

### Ex: A.C.T.S.

Adoration  
Confession  
Thanksgiving  
Supplication

### Ex: Lord's Prayer

Petition 1: Holy Be Your Name  
Petition 2: Your Kingdom Come  
Petition 3: Your Will Be Done  
Petition 4: Give us Today our Daily Bread  
Petition 5: Forgive us our Trespasses  
Petition 6: Lead us Not into Temptation  
Petition 7: Deliver us from Evil

### Ex: Healing

Physical  
Emotional  
Spiritual

## Simultaneous Prayer

- Set a timer (ex: 3 min) and ask everyone to pray simultaneously (out loud) until the timer runs out.

## Timed Prayer

- Set a timer (ex: 20 min) and then go around the circle taking turns praying until the timer runs out.

## Trios Questions

1. Choose a "Connect with God" Question:
    - a. How did you see God at work in your life this week?
    - b. What has God been teaching you in His word this week? Is there anything you need to repent of?
    - c. What was a memorable passage from your Life Journal (or other Bible reading plan) reading this past week?
  2. What's something you'd like someone else to check in with you about this week?
  3. Choose a "Love Your Neighbor" or "Serve Our City" Question:
    - a. What kind of conversations are you having with non-Christians?
    - b. How's your weekly 3-2-1 challenge going? (3 Conversations with New People, Learn 2 Names, Make 1 Meaningful Connection)
    - c. What good can we do around here (are there any community needs God is calling us to meet)?
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